



# The Sower

**Official Publication of  
Lincoln South Rotary**

Club #21799 - Chartered April 30, 1984

[www.LincolnSouthRotary.org](http://www.LincolnSouthRotary.org)



WEEK OF SEPTEMBER 18, 2009

## PRESIDENT'S CORNER



Once again we heard from a couple of our newer members. Thanks Larry Jablonski and Jim Fay for telling us a little more about yourself. We look forward to getting to know each of you better and are so glad you joined Lincoln South Rotary!

Chan Tyrrell of Tabitha thanked the club for our continued support of the Meals on Wheels program. I think this program goes unnoticed at times because it is continuous. I want to take this opportunity to thank Ardel for organizing the Meals on Wheels volunteers, and thanks to all of you who volunteer to deliver the meals.

Have a great week

Tracey

## CLUB SERVICE TEAMS

**Scheduled for 9/25/09**

### On Duty

Patrick Grewe  
Brad Carter  
Shahid Kamal  
Jessica Kolterman



Clay Ehlers  
Shahid Kamal

## Visiting Rotarians and Guests

*Rotarians*— Larry Burns from Club #14 and Bill Grosskurth from Albert Lea Minnesota.

## HAPPY DOLLARS (For Child Mortality)

Clay Ehlers, Brad Carter, Patrick Grewe, Joyce Schmeeckle, Nikki Ise-mann, Larry Jablonski, Dick Wam-pler, Nicki Klein and Chan Tyrrell.



## Lincoln South Officers and Directors

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## 2009/2010 Mottos & Slogans

*Rotary International— The Future of Rotary  
is in Your Hands*

### Future LSR Programs

9/25/09 *New Member Orientation 10:45 am at the Knolls.*

9/25/09 *Gary Bren, Vice President and co-founder of Turner & Associates— Social Media 101*

### Events & Projects

9/30/09 *Ray Klinginsmith, the RI president for 2010-2011 will be speaking at 19th annual Metro Area Rotary Luncheon at Embassy Suites Omaha-LaVista Hotel & Conf Center.*

10/2/09 *Club 14 Annual Auction at Lincoln Station*

10/10/09 *District Membership Seminar*

10/24/09 *Red Cross Appreciation game Collections. Nebraska vs Iowa State.*

4/23 to 4/24/10 *District Conference— Omaha Old Market Embassy Suites*

## Notes & Announcements

**International**— There is still a need for the 2nd and 3rd host families for our Youth Exchange student from Taiwan. We would like to find a family in the Lincoln East High School area. Call Tom Cardwell if you can help. Remember the families do not have to be Rotarians.

**Speakers 2009/2010**—Patrick Grewe is organizing the speaker calendar again this year. He needs everyone's help for speaker ideas and is asking that each member sign up for one or more weeks to arrange for the speaker. Sign up sheets will be available at the meetings.

**Red Cross Appreciation Game**—The Nebraska/Iowa State game on October 24th has been designated as the next Red Cross Appreciation Game. 25 have currently signed up but Brad would like 30.

**Club 14 Annual Auction**—The Club 14 annual auction has been scheduled for Friday October 2, 2009 at the Lincoln Station. Lincoln South has a table and there are about 4 seats left. Cost is \$60 per person. Please contact Joe if you are interested.

**Visitors from Georgia**—Tom Cardwell reported that the delegation from the Republic of Georgia will be here from 10/15/09 through 10/25/09. There will be 16 students and three staffers in the group which ranges from 12 to 30 years old. There will be a Rotary reception for them while they are here and they will perform a dance and maybe even prepare a Supra (Georgian Feast). Tom would also like to provide them with opportunities for home stays during the 2 week ends that they are here. If anyone could host one or more members of the group on the week ends of 10/10-10/11 or 10/17-10/18, please let Tom know.

**Wilber Rotary Club Wine Tasting**— to be held on September 27th at the Hotel Wilber. If you are interested contact Tracey and she can tell you how to sign up.



### PLACES TO MAKE UP

**Tuesday morning**—Sunrise Rotary at International House of Pancakes at 4501 North 27th (27th and Superior Ave.) at 7:15 AM

**Tuesday Noon**— Lincoln #14-Nebraska Club at 13th & M.

**Wednesday 11:45 a.m.**—Lincoln East at Valentinos at 70th & Van Dorn

### 2009/2010 Mottos & Slogans

*Rotary International— The Future of Rotary  
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## PROGRAM

### 2009-2010 Club Goals

1. *Club Strength— Leave the club better than when I took office.*
2. *Club Growth— Attain and maintain membership of 50.*
3. *Support Polio Eradication.*
4. *Support critical project in one of 3 areas; Health & Hunger, Water or Literacy.*
5. *Achieve 100% sustaining membership in the Rotary Foundation.*
6. *HAVE FUN!*

Chan Tyrell with Tabitha Health Care Services was our speaker. Chan has been with Tabitha for 2 years and talked to the club about services offered at Tabitha as well as the future of eldercare which is a changing industry.

Chan remembers an early connection to Tabitha when in 1955, his great grandfather moved to Tabitha and the family visited him frequently. Tabitha was founded 123 years ago as an orphanage which also served the elderly. In the 1960's the orphanage was closed and Tabitha focused only on the elderly. Some of the programs and services offered by Tabitha are as follows.

Life Quest is a rehab facility offering Physical Therapy, Occupational Therapy and Speech Therapy on both an inpatient and outpatient basis for all ages. The revenue from the rehab center offsets losses that Tabitha incurs in other areas where they serve everyone regardless of ability to pay.

Home Care is the future for baby boomers who want to age in their homes. Tabitha offers Home Care and home Health Care in 29 counties.

Hospice Care—end of life care also offered in 29 counties.

Meals on Wheels—Tabitha delivers a noon meal 7 days per week, 365 days per year for \$5.75 per meal. How-

ever 50% of the meals on wheels recipients pay 0\$ and 20% pay only a portion of the price so Tabitha loses approximately \$125,000 per year on the program. He indicated they will never discontinue the program however and thanked Lincoln South for volunteering to deliver the meals.



Tabitha also offers nursing & rehab, Long Term care, transitional care and Hospice, and Alzheimer care. Tabitha has 2 independent living facilities which are HUD subsidized housing and they offer Adult Day Care.

Green House—Tabitha was the first in the country to offer Long Term care in a residential setting when they built their first Green House. It has private bedrooms with private baths and a common dining room, library and patio. The meals are fixed on site in a central kitchen. The medical outcomes for patients in this setting have increased dramatically during the 3 years the facility has been open.

Chan then spoke to the club about Tabitha's plans for the future which include remodeling the entrance, addition of assisted living facilities, 3 more Green Houses with one focusing on Alzheimer's patients and conversion of freed up space to more private rooms, semi skilled and rehab space.

**QUESTIONS?  
COMMENTS?  
ARTICLES?**

**Contact Newsletter  
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**Rotary is on the Web!**

**Rotary International—** [www.rotary.org](http://www.rotary.org)

**District 5650—** [www.rotarydistrict5650.org](http://www.rotarydistrict5650.org)

**Lincoln South Rotary—** [www.LincolnSouthRotary.org](http://www.LincolnSouthRotary.org)

## NEW MEMBERS SHARE THEIR STORIES

Lincoln South has a tradition where new members stand up and tell the club about themselves. On Friday Jim Fay and Larry Jablonski shared their stories.



Jim grew up in Carroll Iowa and graduated from Iowa State University. His first job was in a bank in Minnesota and then he move to Blair and then to Omaha. He came to Cornhusker Bank in Lincoln 7 years ago and joined the downtown Club 14 in 2000. He recently changed office locations and Lincoln south meetings were more convenient so he has transferred to Lincoln South. He has 2 daughters ages 9 and 14. He indicated that he likes Lincoln the best of all of the Nebraska towns he has lived in.. Jim's

sponsor Tracey McLain presented Jim with his new member certificate and pin.

Larry was the 2nd born of 7 sons and moved to Lincoln in 1957. He graduated from Pius X High School and graduated from UNL with a degree in business and accounting. He has worn many hats over his career from painter, working for the railroad, construction (he helped build St E's hospital and the UNL South Football Stadium) working for the Federal Government, NETV and now NIFA. He coaches for Y programs and American Legion ball and has 4 kids. 2 are out of college and 2 are currently attending college. Larry's sponsor Judy Krasomil presented Larry with his new member certificate and pin.



*WELCOME TO LINCOLN SOUTH JIM LARRY!*

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